

PAXTON GREEN TIME BANK BULLETIN

SEPTEMBER 2015

Welcome to this month's bulletin. We have a busy month ahead, we are celebrating our **7th Birthday at our AGM on the 29th September** and will be looking for members to help out and share their timebanking stories. New member Nathalie will be leading our Cultural Cookery Club on the 10th September here at Kingswood house, let us know if you would like to join in.

September Diary Dates

Sunday 6th September: Kingswood Festival

Venue: Kingswood House, **12-8pm**

Annual festival outside at Kingswood House. If you are interested in having a stall or helping on the day contact us at the office.

Wednesdays: Choir

Venue: Kingswood House, **10.30—12pm**

Our brilliant weekly, long term **choir**, led by talented musician Bronagh is restarting in September, please get in touch for details. No singing experience needed. **Cost:** 1 credit.

Tuesdays: Southwark Wellbeing Hub

Venue: Kingswood House, **11—1pm** Drop in' information service. Come along just to talk or to find out what activities are going on in Southwark to improve wellbeing. **Cost:** 1 credit.

Thursday 10th: Cultural Cooking Group

Venue: Kingswood House, **4—6pm**

Join new member Natalie for our Cultural Cooking club. Please let us know if you plan to attend.

Thursday 1st October: Time Bank Action Group

Venue: Kingswood House, **10:30-12pm** Got an idea for a trip or activity for the time bank? Come along and let us know! **Earn:** 2 credits.

Tuesday 29th: PGTB AGM at Kingswood House, 4-6pm, stories and cake!

Please turn over for more diary dates!

"I had a great time, it was a good experience and enjoyed teaching the young people how to handle tools safely ..."

Windell

"... an inspiring week..."

Eve

*Connecting Kingswood
Community Art Event*

Find out about Timebanking...

Venue:

Paxton Green Health Centre Foyer, 1

Alley Park, SE21

Time:

Last Monday of the month, 10.30am—12pm

- Find out more about timebanking
- Drop-in
- No appointment needed

T: 020 8 670 0990 for information

T: 0208 670 0990 **E:** broker@pgtimebank.org

Office: Kingswood House, Seeley Drive, SE21 8QR



Diary Dates continued:

- **Wednesday 9th:** PGTB will be singing at the Community Council meeting at St Barnabas Church, SE21 7DG, at 7pm. Come along and show your support plus have your say on local matters.
- **Saturday 19th:** 4ALL community Fair, 2-5pm All Saints Church Rosendale road. We will be having a time bank info stall, get in touch if you would like to help.
- **Sunday 20th:** Open House Weekend at Kingswood House, 1-4pm, open house with music from Beckenham Concert Band
- **Thursday 24th:** Picnic in the park, meet at Kingswood House at 11am to go together to Dulwich Park
- We will be looking for people to help out at our Black History Month event on **Sunday 11th October** so please get in touch if you would like to contribute. We will be building on the success of last years 'Ships looked like Mountains' event.
- **Friday 30th October** Advance warning that our friends at Rushey Green Time Bank will be celebrating their 16th Birthday with a party at the Calabash Centre, 26 George Lane SE13 6HH. If members would like to go as a group get in touch with us to arrange, should be a fun night!

Skills Exchange corner...

Can you offer?

- Painting and decorating
- DIY
- Befriending

Would you like?...

- 1-1 Job search, C.V support
- Gentle exercise group
- Male walking partner

Outreach in Southwark

Time4Southwark is our outreach project to increase timebanking hours in Southwark by supporting the growth of timebanking hubs. Our work is informed and strengthened by a network of time banks and organisations and actively involved or interested in adopting a timebanking approach in their existing work.

We have been generously funded by Southwark Innovation Fund to support the growth of timebanking. If you are a voluntary organisation or community group and would like further information on how you might go about adopting or integrating timebanking into your existing work, get in touch.

Or contact us if you just want to know more about timebanking in general. We provide information, support and training.

Contact: Suzanne Worrica, Time4Southwark Coordinator
T: 0208 670 0990 **E:** suzanne@pgtimebank.org
W: www.pgtimebank.org **Twitter:** @Time4Southwark

Contact Us

Give us a call for more information about us, our events, activities or how to join

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Kingswood House, Seeley Drive, SE21 8QR



Paxton Green Time Bank: Share Skills, Learn Something New!